

Needham Youth Services

Winter and Spring Programs 2015

**Programs for
Kids of All Ages**

**Trainings for
Parents**

**Counseling
Services**

**Workshops
in Schools**

**Community
Presentations**

Congratulations to Louise Condon



Louise Condon has been selected as the 2015 recipient of the Patrick C. Forde Good Person Memorial Award. Learn more about this award as well as the award ceremony scheduled for Monday, January 26th inside this publication or at www.needhamma.gov/youth/fordeaward.

Registration begins Monday, January 5, 2015

Registrations are accepted as follows:

In Person: Monday — Friday, 8:30am — 5:00pm
Needham Youth Services' Office

Mail: Needham Youth Services
Needham Town Hall
1471 Highland Avenue
Needham, MA 02492

To learn more about Needham Youth Services
or if you have questions, please call our office at **781-455-7500 x267**

For notification of upcoming programs, join our listserv at:

www.needhamma.gov/youth/email

www.needhamma.gov/youth

SUMMER PROGRAMS PREVIEW

REGISTRATION BEGINS MAY 4, 2015

EXTREME LOOKS



This four-day workshop will explore how the media goes to extremes that distort girls' self-esteem, body image, and thoughts.

The program is open to girls currently in 6th to 8th grades. Learn more at

www.needhamma.gov/youth/extremelooks

PROJECT VAN

Project VAN (V^olunteers A^round N^oneedham) offers youth ages 13 — 17 the opportunity to provide valuable community service to local organizations. Learn more at

www.needhamma.gov/youth/projectvan



Single Parents Support Group



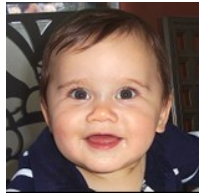
Are you a single parent interested in participating in a group addressing such issues as time management, raising healthy children, taking care of yourself, while at the same time getting to know other single parents? Learn more at

www.needhamma.gov/youth/singleparent

Winter/Spring Youth Programs

Babysitter Training Course

We offer a Babysitter Training Seminar for new babysitters or for those with limited experience who desire a refresher class. The training is six (6) hours and is offered as a three-day course. Students must be in the 6th grade and at least 11 years old to take the class. Learn more at



www.needhamma.gov/youth/babysitting

Dates: **Session 4: Wed:** January 28, February 4, and 11
(snow date: February 25)

Session 5: Thurs: March 12, 19, and 26th
(snow date: April 4)

Cost: \$45 (waived in the event of financial need)

Location: Session 4 at High Rock(2:40pm — 4:40pm)

Session 5 at Pollard(2:50pm — 4:50pm)

Facilitator: Meaghan Dupuis, LMHC

Upcoming Youth Programs...

**Applications for the below Fall programs
will be accepted beginning May 4, 2015**

Valuable Interactions among Peers (VIP)



VIP is a peer mentoring program designed for high school students (Big VIPs) and elementary students (Little VIPs) in 3rd through 5th grades. The goals of the program are for Little VIPs and Big VIPs to spend quality one-on-one time together, for the Little VIPs and Big VIPs to have a safe place to come to interact and play, and to build connections assisting all students in gaining confidence and building self-esteem.

Learn more at:

www.needhamma.gov/youth/vip

Bullying Intervention Program

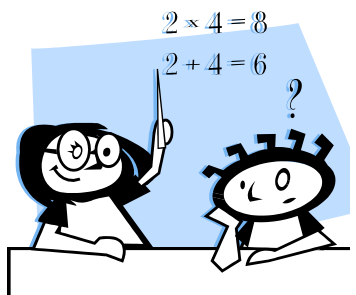
In an effort to support youth, Needham Youth Services created the Bullying Intervention Program. The program is designed for youth who are referred due to an involvement in a bullying incident. This 10 hour program includes an assessment of the youth's understanding and attitude about bullying as well as an emphasis on education and skill-building. Participants gain an appreciation of the impact of bullying and learn the skills needed to make mature and responsible decisions in the future.

Learn more at:

www.needhamma.gov/youth/BIP

PEER TUTOR PROGRAM

The Peer Tutor Program matches high school students (tutors) with 3rd through 8th grade youth (tutees) who have demonstrated a need for academic assistance or a need for support in developing successful study habits. The goals of the program are to provide academic assistance and to create a supportive learning environment that enables the tutees to gain confidence and build self-esteem. Students helping students is a very successful and fun way to learn!



Learn more at:

www.needhamma.gov/youth/peertutor

Winter/Spring Parent Programs

A Conversation...For Parents of Teens

Funded by the Needham Women's Club, this free program is limited to 9 participants per evening and creates a forum in which parents discuss the challenges of parenting teens in a supportive and confidential setting. Parents may attend one or both of the following evening meetings (which will include dinner). Learn more at www.needhamma.gov/youth/aconversation



January 27th:

Teen Stress, Depression, and Suicide

March 3th:

Hidden Dangers of Teens & Technology

Time: Tuesdays from 5:30pm - 7:30pm

Cost: Free

Facilitator: Jon Mattleman (jmattleman@needhamma.gov)

You must register in advance to attend.

QPR Suicide Prevention Training

The Needham Coalition for Suicide Prevention and Needham Youth Services are offering free QPR trainings. QPR (Question, Persuade, Refers) is based upon the following concepts: Those who most need help in a suicidal crisis are the least likely to ask for it; The person most likely to prevent a person dying by suicide is someone they already know; and, That prior to making a suicide attempt a person typically sends warning signs of their distress and suicidal intent to those around them. Learn more at www.needhamma.gov/youth/QPR

Date: March 10, 2015

Time: 7:00pm - 9:00pm

Cost: Free

Facilitator: Jon Mattleman (jmattleman@needhamma.gov)

You must register in advance to attend.



Needham Youth Services

Jon Mattleman, Liz Loveless
Maria Papantoniou & Katy Colthart

Learn more about the staff at
www.needhamma.gov/youth/meetthestaff

Patrick C. Forde Good Person Memorial Award

Named after Needham resident and community activist Patrick Forde, each year this award recognizes an adult in the community who has helped make Needham a better place for youth through his/her volunteer work. Learn more at www.needhamma.gov/youth/fordeaward

The public is invited to the:

2015 Award Ceremony

Monday, January 26th at 5:00 PM

Needham Town Hall

(note location change)

Honoring

Louise Condon



March is... Needham Unplugged Month

Needham Unplugged is an awareness campaign to remind Needham families and residents to "unplug their electronics" and "plug into" each other. Watch for announcements about activities that do NOT require electricity and that emphasize person-to-person interaction and health. The highlight of the program will be **March 12th**, our no-homework, no-sports, and no-activities night for Needham Public School students. In addition on this same day there will be no town, community, religious, or civic meetings.

Learn more at:

www.needhamma.gov/youth/unplugged

RAY of Hope Program



The RAY (Recognize A Youth) of Hope award is a monthly recognition of a youth who is giving back to the community and/or is a role model for their peers.

The program has no age limit kindergarten through high school...and yes, we have had recipients as young as 5 years old!

To learn more and/or to nominate a youth for "RAY" you can download a form online at www.needhamma.gov/youth/ray or one can be obtained at the Needham Youth Services' office.

General Information

Most of our services are **Free** of charge



Join our Email Listserv

If you are interested in receiving periodic updates of Needham Youth Services' programs that may be of interest to you and/or your children, please visit our website at www.needhamma.gov/youth/email

Payment

Most of our services are FREE of charge. If the program charges a fee, payment must accompany all registrations. Checks should be made payable to "Town of Needham - Youth Services".

Fee Assistance

Financial aid is available to all Needham residents and Needham students. A letter requesting assistance must be submitted to the Director of Needham Youth Services at the time of registration. To learn more, please visit our website at www.needhamma.gov/youth/fee.

Course Confirmation

We will confirm registrations by phone, email, or mail. You will be notified if the program is full or cancelled and your payment will be refunded.

Inclement Weather

It is our policy that if Needham Public Schools close due to weather, our programs will also be cancelled. Weather related cancellations will be posted on our website at www.needhamma.gov/youth.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds will not be given; however, we will do our best to reschedule.

Refunds

If you request to withdraw from a class with sufficient time to get a replacement, a refund may be issued. However, if the slot can not be filled, no refund will be issued. If you do not show up for a class, there is no refund. Refunds will be issued if Needham Youth Services cancels a program and/or you registered for a program and there are no openings.

\$ Employment Program \$

The Employment Program assists young people in obtaining business and residential employment, and helping residents requiring help for around-the-house chores.

Youth age 12 to 21 who want to work must register with us by completing a Job Registration Form and a Parent Permission Form. For those 18 years of age and under, a parent or legal guardian must co-sign this form. Registration forms for youth may be obtained at our office or on the web at www.needhamma.gov/youth/employment. There is no charge for youth to sign up for our Employment Program.

Lists of all services offered by youth, such as babysitting, lawn mowing and shoveling snow, are available for a \$10 fee. These individual lists can be obtained daily at our office.

The Employment Program does not screen any applications or individuals—we act simply as a clearing house and an information source.

Job Postings are available on line and are updated every Monday.

www.needhamma.gov/youth/jobsforyouth

For further information please contact Maria Papantoniou 781-455-7500 x267 or mpapantoniou@needhamma.gov

Counseling Services

Confidential individual, group, and family counseling for youth is available from our trained and committed staff. We accept referrals from the schools, courts, and parents. We also offer a **Substance Abuse Awareness Program**, a 15 hour assessment, education, and intervention program which takes an innovative approach to the topic of alcohol and drugs. We also offer a **Bullying Intervention Program**, a 10- hour assessment, education and skill building program to address the issue of bullying. Learn more about our counseling service at www.needhamma.gov/youth/counseling

Consultation and Referral

As the parent of a teen, you know first hand how challenging this stage of life can be. Even the best equipped and involved parents can find themselves in complex and confusing situations --- and may not know what to do next. Needham Youth Services can be a source of support in a crisis and/or when a parent does not know where to turn. Our free consultation can support a parent at a time when making logical decisions is critical. Parents have utilized this resource when dealing with a serious matter involving their child (e.g. drug/alcohol use), when they are concerned about a specific behavior (e.g. depression), or when they are just worried about their child's growth and development.

Needham Youth Services Registration Form

Return/mail to Youth Services Office, 1471 Highland Avenue, Needham, MA 02492 or email to mpapantoniou@needhamma.gov

PARTICIPANT INFORMATION

Participant's Name:	DOB:
Address:	Zip Code:
Home Phone:	Cell Phone:
Email Address:	Grade & School:

PARENT/GUARDIAN INFORMATION

Name:	Cell Phone:
Email Address:	

EMERGENCY INFORMATION

Name:	Relationship:	Phone:
Name:	Relationship:	Phone:
Allergies:		Medical Conditions:

PROGRAM INFORMATION

Program Name	Session	Fee
Donation to Needham Youth Services:		\$
Total Amount :		\$
Make Checks payable to "Town of Needham — Youth Services"		

REQUIRED Authorization of Participation

I, the undersigned parent/guardian of _____, give permission for my child to participate in a Needham Youth Services' program. In the event of medical emergency, I authorize the staff to seek medical attention as required. Further, I shall indemnify and hold harmless and hereby release, remise, and forever discharge the Town of Needham from any and all liability, suits, losses, cause of actions, damage arising or occurring out of participation in the abovementioned program and/or arising or occurring out of any said medical attention.

SIGNATURE _____ **Date** _____

OPTIONAL Authorization to Photograph/Videotape

I, _____, do hereby give permission to Needham Youth Services to photograph/videotape me and/or my children as participants in a Needham Youth Services program. I understand that these photographs or the videotape may be used in one or all of the following ways:

- As part of the Needham Youth Services' website regarding this specific program.
- As an enclosure to letters sent to potential funding sources.
- As part of an article in the Needham Times, Hometown Weekly, Boston Globe, Needham Patch, etc.
- As a piece on the cable station which may also be posted on YouTube by the Needham Cable Channel.

SIGNATURE _____ **Date** _____

Office Use Only: Received ___/___/___ Check #: Amt. \$ _____ Confirmation Sent ___/___/___